IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

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TITLE: EXERCISE MACHINE COMPRISING TWO HAND GRIPS WHICH ARE PROVIDED

WITH A DAMPING DEVICE

Amendment A: CLAIM AMENDMENTS

1. (Previously presented) An exercise machine comprising:

a base;

a machine frame mounted on said base; and

at least one hand grip pivoted to said machine frame;

wherein said hand grip is fastened at a bottom end to a damping device whereby said damping device is fastened to said machine frame or base for providing said hand grip with a damping effect and a recovery force.

2. (Previously presented) The exercise machine as defined in claim 1, wherein said damping device is comprised of two tension elements.

3. (Original) The exercise machine as defined in claim 2, wherein said two tension elements are two endless rubber belts.

Claims 4-11 (Canceled). These claims are canceled by the present amendment.

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